

SJR 358

**Dissemination of Effective
Treatment Modalities for Children
with Mental Health Needs**



**Virginia Commission on Youth
May 19, 2003**

Leah Hamaker



Background: Collection of Evidence-based Treatments

In 2002, the Commission on Youth

- Compiled empirically-based information on evidence-based treatments for children with mental health needs (SJR 99).
- Received assistance in this effort from an Advisory and a Clinical group of mental health experts.
- The Collection of Evidence-based Treatments ("Collection") was published as House Document 9 in late 2002.



Background:

Description of “Collection”

- The “Collection” was purposefully tailored for parents, caregivers, educators, service providers and others seeking current research on evidence-based treatments.
 - It includes sections on:
 - Mental Retardation
 - Pervasive Developmental Disorders
 - Behavior Disorder
 - Maladaptive Behaviors
 - Tourette's Disorder
 - Anxiety Disorders
 - Mood Disorders
 - Schizophrenia
 - Co-occurrence of Substance Abuse and Mental Illness
 - Youth Suicide
 - School-based Services
 - Juvenile Offenders
 - Helpful resources such as frequently used terms
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Background: Evidence-based Treatments

Why are *Evidence-based Treatments* important in the field of children's mental health?

- With mounting attention being paid to youth with mental disorders, one of the most prevalent advances is the development of demonstrated effective interventions for treating youth.
 - These *evidence-based practices* have been shown, through controlled research, to result in improved outcomes.
 - There is a need to expand efforts at promoting awareness of and improving training in *evidence-based practices*.
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Background:

Objectives of “Collection”

Non-prescriptive, unbiased guide

- A user-friendly guide on effective treatments

Written for a diverse audience

- Parents/Laypersons
- Clinicians/Service Providers
- Schools

Careful not endorse particular treatments over others

- Use of only “empirically-proven” treatments

Disorders based on the Diagnostic and Statistical Manual IV (DSM-IV)

Includes Maladaptive Disorders

- Self-injury
- Juvenile Firesetting
- Eating Disorders

Co-occurring disorders and cultural issues addressed

Emphasis on family and community-based treatments

Includes resources for each disorder



Dissemination of “Collection”

In 2003, the Commission on Youth is to:

- Make the “Collection” available to interested parties through web technologies;
- Seek the assistance of the SJR 99 Advisory Group, Secretary of Health and Human Resources, Secretary of Public Safety, and Secretary of Education in posting, maintaining and biennially updating the “Collection”; and
- Develop a cost-effective and efficient dissemination method to allow for easy access to the “Collection.”



Dissemination of “Collection”

Initial Activities Include:

- Contacted executive branch agencies named in resolution requesting assistance in dissemination of “Collection”;
- Reconvened the Advisory Group to request input and to determine the scope of the dissemination efforts;
- Received input from various child-serving and advocacy organizations;
- Drafted Dissemination Plan; and
- Implemented a web-based approach to disseminate the “Collection”.



Dissemination of “Collection”

Advisory Group comprised of representatives from:

- DMHMRSAS
- DSS
- DMAS
- DJJ
- DOE
- VDH
- Office of Comprehensive Services
- Private providers
- Parents and consumers
- CSB representatives
- COY members
- Local CSA representatives
- Secretary of Public Safety
- Secretary of Health and Human Resources
- Secretary of Education
- Voices for Virginia's Children



Dissemination of “Collection”

- **Initial Plan** – executive branch agencies that deliver services to children were to establish a “hyperlink” to the “Collection” to provide for the dissemination in an efficient and cost-effective manner.
- **Modified Plan** – launch the “Collection” in a multi-level approach so a larger audience could benefit from the resource.



Dissemination of “Collection”

Modified Dissemination Plan

- Create user-friendly, hyperlinked version of “Collection”;
- Coordinate with agencies, organizations and programs across the Commonwealth to build the strongest possible multi-level efforts to assist in distribution and circulation; and
- Investigate grant funding through JAIBG to pursue reaching those in contact with the juvenile justice system.



Dissemination of “Collection”

New and Improved COY Website!

- The “Collection” has been compiled into a comprehensive HTML document.
- Hyperlinks organized by disorder
- Includes hyperlinks to listed resources
- On webpage, “Collection” called **“Child and Adolescent Mental Health Treatments”** to simplify for users.
- To access:
 - Go to **<http://coy.state.va.us>**; and
 - Click on the **Child and Adolescents Mental Health Treatments** link.

“Collection” and “Child and Adolescent Mental Health Treatments” are both referenced throughout the remainder of this presentation



Dissemination of "Collection"

Website hits indicate success

- *WebTrends* report indicates hits increased from 2,700 to 5,400 from November 2002 to April 2003.
- Average hits per day went from 92 to 182.
- This activity reflects hits prior to launch of HTML "Child and Adolescent Mental Health Treatments".



Partners in Dissemination of “Collection”

- Currently establishing partnerships with key organizations and agencies
- Partners are assisting by:
 - Establishing a hyperlink to “Child and Adolescent Mental Health Treatments”;
 - Presenting or inviting COY to present at trainings, conferences, and meetings to inform members, colleagues or staff about the availability of the “Child and Adolescent Mental Health Treatments”;
 - Publishing information about the availability of “Child and Adolescent Mental Health Treatments” in newsletters or e-mail bulletins.



Partners in Dissemination of “Collection”

- COY presenting at trainings, conferences and meetings to discuss the availability of the “Child and Adolescent Mental Health Treatments”.
- To date, 13 presentations have been given at various venues across the Commonwealth.
- In addition, 13 presentations have been scheduled through September.
- Other organizations are discussing “Child and Adolescent Mental Health Treatments”.



Additional Dissemination Activities

- Creation of bookmark with website information
- Survey created/distributed to evaluate modalities and dissemination
- Over 50 partnership forms mailed to various child-serving and child advocacy organizations
- Additional emails sent to CSBs, CSA Coordinators, and other child-specific groups
- Ongoing efforts to establish partnerships with more organizations



Potential funding through JAIBG

- JAIBG program purpose:
 - Provide community professionals serving juveniles involved with the justice system a guide to effective treatments.
 - Evidence strongly suggests the need for mental health interventions among youth involved with the juvenile justice system and the need for coordinating care and research among child-serving agencies.
 - Data indicates that successful treatment of juveniles may reduce rates of re-offense by as much as 80 percent.*
- Commission applied for one-time funding and is hopeful grant will be approved to fund future activities.

*Source: Coalition for Juvenile Justice, 2000



Consensus on "Collection"

"Every day that we do this work, we are tasked to deliver services and supports that help children and families move toward independence and self-sufficiency. It is important that direct practitioners, administrators, policy makers, advocates, researchers and family members have the ability to identify and utilize effective treatment for children and their families.

The "Collection of Evidence-based Treatment Modalities for Children and Adolescents with Mental Health Treatment Needs" offers a clear and concise document for all of us to use as a guide to delivering treatment services that are effective across a broad spectrum of mental health issues. I am using the "Collection" as both a training tool and direct practice guide."

Michael Terkeltaub, M.A., CCFC

Director of Program Development at Alternative Behavioral Services a private agency providing the full spectrum of mental health and social services for children and families



Consensus on “Collection”

“This is a project that I am very excited about. In many areas of mental health we know there is a gap between science and service. The types of services that patients are actually receiving often are not what research supports as a best practice.

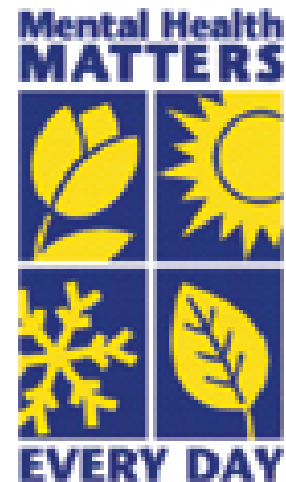
The “Collection of Evidence-based Treatments” pulls together current information on treatments and compiles it into a very accessible, non-technical and user friendly format. It is designed to equip parents, teachers, family members, policy makers, others and even professionals with contemporary knowledge about effective mental health services. Treatment works. Our future depends on the children of today. Mentally healthy children are likely to grow up to be mentally healthy adults and citizens.”

Anita Everett, M.D.
Inspector General
Office of the Governor



Dissemination of “Collection”

- **May is designated as Mental Health Month**
- The Commission on Youth would like to recognize our partners and to officially introduce “Child and Adolescent Mental Health Treatments”.





Partners in Dissemination of “Collection”

- Secretary of Public Safety
- Secretary of Health and Human Resources
- Secretary of Education
- SJR 358 Advisory Group
- DMHMRSAS
- DSS
- DMAS
- DJJ
- DOE
- VDH
- OCS
- OIG
- DCJS
- Fairfax/Falls Church CSA
- JCHC
- SLAT
- SEC
- VACSB
- 329G Planning Group
- Voices for Virginia's Children
- Hallmark Health Care
- Richmond Behavioral Health Care Authority
- ARC of VA
- VMHE
- PEATC
- Psychiatric Society of Virginia
- VACO
- Child and Adolescent Mental Health Managers
- Virginia Primary Care Association
- Virginia Association of Health Plans
- Arlington County CSA
- Fairfax/Falls Church CSA
- Portsmouth CSA
- Roanoke County DSS
- Alternative Behavioral Services